



Herby Tomato Cannellini Bean Lasagne

with Parmesan Cheese

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Carrot



Cannellini Beans



Tomato & Herb Seasoning



Tomato Sugo



Vegetable Stock Powder



Baby Spinach Leaves



Parmesan Cheese



Fresh Lasagne Sheets



Diced Bacon

Prep in: 25-35 mins
Ready in: 45-55 mins

The rulebook has been thrown out the window with this one. We have done the unthinkable and swapped mince for cannellini beans to make the base of this herby tomato lasagne. You've heard it here first, it is so good, that we might just through the rulebook out more often.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Butter, Plain Flour, Milk

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium saucepan · Medium or Large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
carrot	1	2
cannellini beans	1 packet	2 packets
tomato & herb seasoning	1 sachet	2 sachets
tomato sugo	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
water* (for the veggies)	¼ cup	½ cup
baby spinach leaves	1 medium bag	1 large bag
butter*	20g	40g
plain flour*	2 tbs	¼ cup
milk*	½ cup	1 cup
water* (for the sauce)	½ cup	1 cup
Parmesan cheese	1 medium packet	1 large packet
fresh lasagne sheets	1 medium packet	2 medium packets
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3016kJ (721Cal)	452kJ (108Cal)
Protein (g)	35.2g	5.3g
Fat, total (g)	15.5g	2.3g
- saturated (g)	8.9g	1.3g
Carbohydrate (g)	100.6g	15.1g
- sugars (g)	24.2g	3.6g
Sodium (mg)	2348mg	352mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3404kJ (814Cal)	478kJ (114Cal)
Protein (g)	42.2g	5.9g
Fat, total (g)	22.2g	3.1g
- saturated (g)	11.4g	1.6g
Carbohydrate (g)	101.4g	14.2g
- sugars (g)	24.7g	3.5g
Sodium (mg)	2779mg	390mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **brown onion** and **garlic**.
- Grate **carrot**.
- Drain and rinse **cannellini beans**.



Make the white sauce

- In a medium saucepan, melt the **butter** over medium heat. Add the **plain flour** and cook, stirring, until a thick paste forms, **1-2 minutes**.
- Reduce heat to medium-low, then slowly whisk in the **milk** and **water (for the sauce)** until smooth. Simmer, stirring constantly, until slightly thickened, **1-2 minutes**.
- Remove from heat and stir in half the **Parmesan cheese**. Season with **salt** and **pepper**.



Start the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **carrot**, stirring, until tender, **4-5 minutes**.
- Add **cannellini beans**, **garlic** and **tomato & herb seasoning** and cook, stirring, until fragrant, **2 minutes**.

Custom Recipe: If you've added diced bacon, cook diced bacon with the onion and carrot, breaking up with a spoon, until golden and tender, 4-5 minutes.



Assemble & bake the lasagne

- Spoon roughly one quarter of the **bean filling** into a baking dish, then top with a **fresh lasagne sheet**. Repeat with remaining **filling** and **lasagne sheets**.
- Finish with a final **lasagne sheet**, then pour over the **white sauce**. Sprinkle with remaining **Parmesan cheese**.
- Bake until golden, **20-25 minutes**.



Finish the filling

- Reduce heat to medium, then stir in **tomato sugo**, **vegetable stock powder**, the **brown sugar** and **water (for the veggies)** and simmer until slightly reduced, **1-2 minutes**.
- Remove from heat and stir in **baby spinach leaves** until wilted. Season with **pepper**.



Serve up

- Divide herby tomato cannellini bean lasagne between plates to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW08

